



Not everyone who contracts meningitis will get a rash. Don't wait for a rash to appear before getting help.

Warning Signs

Older children/adults:

- Fever
- Severe headache
- Behavioral changes
- Sensitivity to light
- Cold hands and feet
- Irritability
- Drowsy or difficult to wake
- Vomiting
- Listless, less responsive
- Diarrhea
- Pale or blotchy skin
- Blank, staring expression
- Rash or spots that don't fade with pressure
- Rapid breathing
- Seizures, fits or convulsions
- Muscle, leg or joint pain

Infants:

- Fever
- Unusual high-pitched cry
- Dislike of being handled
- Difficult to wake
- Loss of appetite, refusing food or drink
- Blank staring (or vacant) look
- Pale or blotchy skin
- Rash or spots that don't fade with pressure
- Irritability
- Vomiting
- Bulging fontanelle
- Neck retraction

*Adapted from Source:
<https://www.comeningitis.org/symptoms>

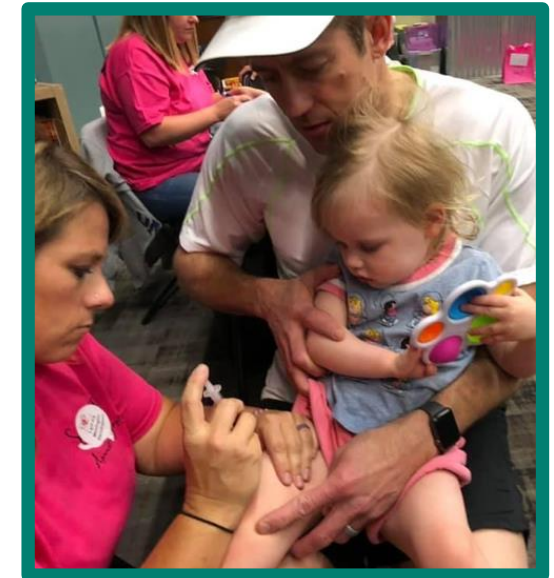
Our Stories

It was Easter morning. **Sierra Krizman** was her happy, healthy, loveable self, but by evening she started to show classic flu-like symptoms. Within 24 hours she was in the emergency room on a ventilator. The following morning, on April 10, 2007, our beautiful Sierra succumbed to the devastating bacteria that had invaded her body, meningococcal meningitis. Our family was not aware of this fatal disease, or of the vaccine that could have prevented it, until it was too late. Sierra's life of faith, generosity, love and kindness inspired all those she touched and it's our mission to keep her memory alive and to help prevent this tragedy from happening to any other family. Please get your loved ones vaccinated.
By Jon and Lisa Krizman



We lost a true hero on April 14, 2021 with the sudden death of **Nick Springer**. Nick contracted bacterial meningitis when he was 14 years old while at summer camp. As a result he was a quadruple amputee, but went on to become an accomplished wheelchair rugby player helping his team win gold and bronze medals in the Paralympics' Games. Nick worked tirelessly to bring awareness to this horrific disease and to advocate for the importance of meningitis vaccinations. We were so blessed to have Nick as our guest speaker at Sierra's Race in 2017.

Mary was a happy and healthy baby girl until she contracted meningitis. She and her twin sister, Emma, were vaccinated for the disease, however the strain Mary contracted was not, and still is not, part of the vaccine given to infants. Her family now holds her in their hearts rather than in their arms. Please talk to your doctor about all the vaccines that are available to prevent meningitis.



Sierra's Race

Against Meningitis

**IS YOUR
 CHILD AT RISK
 FOR
 MENINGITIS?**

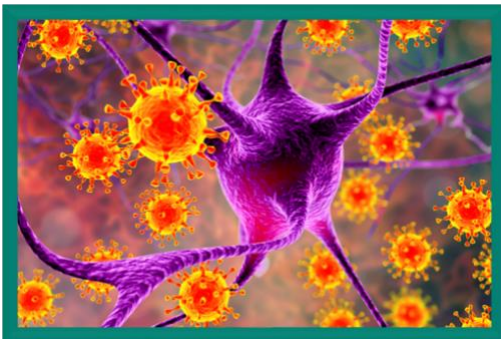
What is Meningitis?

*Meningitis is an inflammation (swelling) of the protective membranes covering the brain and spinal cord. A bacterial or viral infection of the fluid surrounding the brain and spinal cord usually causes the swelling. However, injuries, cancer, certain drugs, and other types of infections also can cause meningitis. It is important to know the specific cause of meningitis because the treatment differs depending on the cause.

One of the most serious forms of meningitis is caused by bacteria known as meningococci. Meningococcal disease refers to any illness caused by bacteria called *Neisseria meningitidis*, also known as meningococcus [muh-ning-goh-KOK-us]. These illnesses are often severe and can be deadly. They include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia).*

*Information taken from www.cdc.gov

- 1 in 10 infected with meningitis will die, sometime within 24 hours.
- 1 in 5 survivors may experience long-term disabilities including loss of limb, hearing loss, brain damage.
- 1 in 10 people are unaware that they are carriers of the bacteria that causes meningitis.
- Meningitis kills or disables around 1.2 million people per year.



Vaccinations Save Lives!

Vaccines can help prevent meningococcal disease, which is any type of illness caused by *Neisseria meningitidis* bacteria. **For a child or adult to be fully protected against meningitis, there are 2 types of meningococcal vaccines available in the United States:**

- Meningococcal conjugate or MenACWY vaccines (Menactra® and Menveo®)
- Serogroup B meningococcal or MenB vaccines (Bexsero® and Trumenba®)

MenACWY – All 11 to 12 year olds should receive the Men ACWY meningococcal conjugate vaccine with a booster dose at 16 years of age. **Menveo (MenACWY-CRM) is approved by the FDA for use in children as young as 2 months of age.**
www.fda.gov/media/100122/download

MenB – Adolescents and young adults (16 through 23 years old) may also receive a serogroup B meningococcal vaccine.

*See <https://www.cdc.gov/vaccines> for complete CDC recommendations

Please talk with your child's clinician if you have questions about meningococcal vaccines.

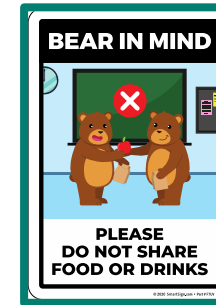
Free vaccinations are available through **Sierra's Race!**

We are humbled to be able to say that **Sierra's Race** has potentially saved thousands of lives. Thank you for registering for **Sierra's Race** to help us save lives together.

Serra's Race Against Meningitis is a 501 (c) 3 Colorado Non-Profit Corporation
Email: info@sierrasraceagainstmeingitis.com
www.sierrasraceagainstmeningitis.com

How is meningitis spread?

These bacteria spread through the exchange of respiratory and throat secretions by:



- Coughing
- Sneezing
- Kissing
- Drink sharing
- Living in close quarters like dormitories and camps

Treatment

Doctors treat meningococcal disease (bacterial meningitis) with antibiotics, but quick medical attention is extremely important. Keeping up to date with recommended vaccines is the best defense against meningococcal disease.

Even with treatment meningitis can kill a healthy individual within 48 hours. The swelling of the brain, spinal cord and blood poisoning can lead to:

- Amputation of limbs, fingers or toes
- Severe scarring
- Hearing loss
- Brain damage
- Kidney damage
- Emotional and psychological problems

Bacterial meningitis can strike at any age and can kill in a few hours. Awareness, vaccinations and prevention strategies can help to eliminate this disease.